Nature's Temptations

Natural Food Market • Juice Bar & Café

September 2021

Primal Kitchen
Mayo with Avocado Oil

$6.49
12 oz

Siete
Grain Free Tortilla Chips

$3.99
5 oz

Food For Life
Organic Ezekiel 4:9® Bread
(selected varieties)

$4.29
24 oz

USDA ORGANIC

Mary's Gone Crackers
Organic Crackers
(selected varieties)

$3.29
5-6.5 oz

USDA ORGANIC

Lundberg Family Farms
Organic Rice Cakes
(selected varieties)

$2.79
8.5-10 oz

USDA ORGANIC

Miyoko's Creamery
Organic Cashew Milk Mozzarella

$5.79
8 oz

USDA ORGANIC

Organic Valley
Organic Cream Cheese

$2.99
8 oz

USDA ORGANIC

Alden's Organic
Organic Ice Cream
(selected varieties)

$6.29
48 oz

USDA ORGANIC

Cascadian Farm Organic
Organic Potatoes
(selected varieties)

2/$5
12-16 oz

USDA ORGANIC

KeVita
Organic Sparkling
Probiotic Drink

2/$5
15.2 oz

USDA ORGANIC

Bragg
Organic Apple Cider
Vinegar

$4.29
32 oz

USDA ORGANIC

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of September.

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Wild Planet strives to transform fishing into a force to reinvigorate the oceans, so we work with likeminded small-scale fishermen who follow 100% sustainable fishing practices. Our products are minimally processed to deliver unparalleled taste and quality you can trust.

Wild Planet
Wild Sardines

$1.79
4.4 oz

Wild Planet
Albacore Wild Tuna

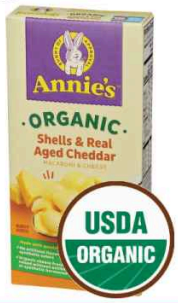
$3.79
5 oz

Garden of Eatin'
Taco Shells

2/$5
5.5 oz

Annie's
Organic Mac & Cheese
(selected varieties)

2/$5
6 oz



Annie's
Organic Dressing
(selected varieties)

2/$6
8 oz

Maya Kaimal
Indian Simmer Sauce

$3.79
12.5 oz

Sky Valley
Sriracha Sauce

$4.79
18.5 oz

Muir Glen
Organic Pasta Sauce
(selected varieties)

2/$6
25.5 oz

Rao's Homemade
Pasta Sauce
(selected varieties)

$5.29
24 oz

Turn Food Scraps Into Fertilizer

- Soak banana peels in water for a few days. Then, spritz liquid on plants.
- Place eggshells in vinegar to break down before using liquid as plant food.
- Sprinkle coffee grounds and used tea leaves onto plant soil.
- Save your (unsalted) pasta water after cooking and water your plants with it.

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Good Health
Avocado Oil Potato Chips

$2.29
5 oz

Food Should Taste Good
Tortilla Chips

2/$4
5.5 oz

Late July
Organic Restaurant Style Tortilla Chips

$2.79
11 oz

Tofu Bahn Mi

Serves 4

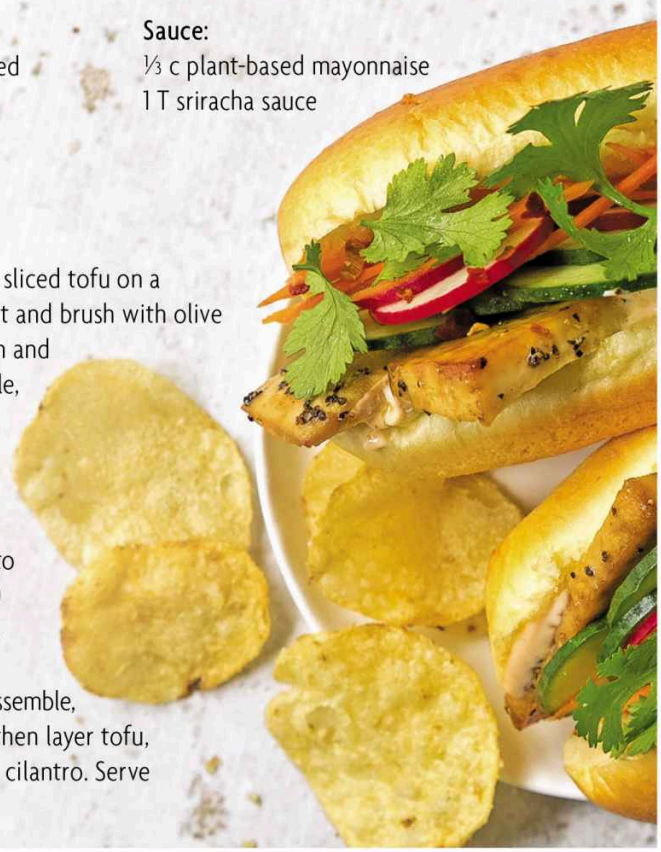
8 oz marinated extra firm tofu, sliced
4 soft hoagie buns

Quick Pickle:
1 carrot, finely julienned
½ bunch radishes, thinly sliced
1 large garlic clove, minced
¼ c rice vinegar
1½ tsp cane sugar
¼ tsp sea salt

crushed red chilies to taste
1 small cucumber
1 bunch cilantro

Sauce:
⅓ c plant-based mayonnaise
1 T sriracha sauce

Preheat oven to 350° F. Place sliced tofu on a parchment-lined baking sheet and brush with olive oil. Place in a preheated oven and bake for 30 minutes. Meanwhile, prepare the quick pickles by whisking together rice vinegar, garlic, sugar, salt, and crushed chilies in a small bowl. Add carrots and radishes and toss to coat. Set aside to rest for 5-20 minutes, tossing occasionally. Drain. For the sauce, combine mayonnaise and sriracha. To assemble, spread sauce on hoagie buns then layer tofu, cucumbers, quick pickle, and cilantro. Serve promptly and enjoy!



Barnana
Organic Plantain Chips

2/$6
5 oz

Vegan Rob's
Puffs

$2.29
3.5 oz

Hu
Grain-Free Crackers

$3.79
4.25 oz

Barbara's
Cereal
(selected varieties)

2/$7
8-15 oz

MadeGood
Organic Crispy Squares

$2.79
6 ct

Annie's
Organic Graham Crackers

2/$7
14.4 oz

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Why Organic IS Better for the Environment...

1. **Pollinator friendly** – No synthetic pesticides allows for bees and other pollinators to thrive.
2. **Builds healthy soil** – Crop rotation nourishes the soil and increases the water holding capabilities while preventing erosion.
3. **Cleaner water** – No harmful chemicals leeching into the water supply.
4. **Encourages biodiversity** – Areas surrounding organic farms have more types of wild plants and animals.
5. **More energy efficient** – Organic farming averages higher energy savings versus conventional farming.
6. **Reduces pollution** – Soil on organic farms has been shown to store much larger amounts of carbon.

Once Again Nut Butter Organic Sunflower Seed Butter

$5.29
16 oz

Theo Organic Chocolate Bar
(selected varieties)

$2.29
3 oz

Chocolove Chocolate Bar
(selected varieties)

$2.29
3.1-3.2 oz

Tony's Chocolonely Chocolate Bar
(selected varieties)

$3.29
6.35 oz

Navitas Organic Cacao Nibs

$5.99
8 oz

Yogi Tea
(selected varieties)

$3.29
16 ct

Pukka Organic Tea
(selected varieties)

$3.79
20 ct

Nixie Organic Sparkling Water

$3.99
8 ct

USDA ORGANIC

Lakewood Organic Pure Pink Grapefruit Juice

$3.49
32 oz

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C2O
Coconut Water

$2.99
33.8 oz

Milkadamia
Macadamia Milk

2/$7
32 oz

Harmless Harvest
Organic Coconut Water

$3.79
16 oz

Health-Ade
Organic Kombucha
(selected varieties)

2/$5
16 oz

GT's
Organic Multi Serve
Kombucha
(selected varieties)

$6.49
48 oz

Califia Farms
Plant Milk
(selected varieties)

$4.29
48 oz

Almond Breeze
Almondmilk
(selected varieties)

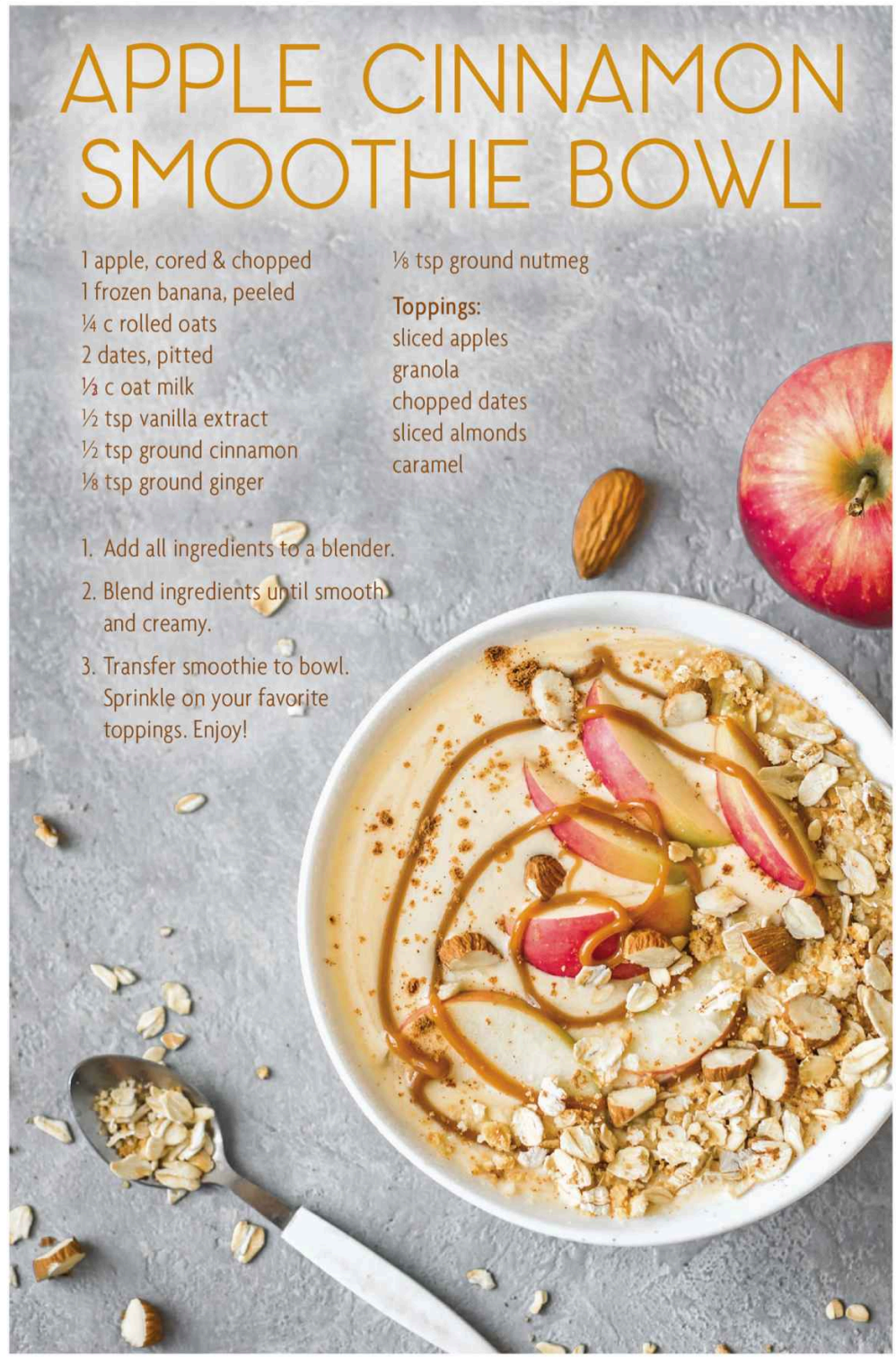
$3.49
64 oz

APPLE CINNAMON SMOOTHIE BOWL

1 apple, cored & chopped
1 frozen banana, peeled
¼ c rolled oats
2 dates, pitted
⅓ c oat milk
½ tsp vanilla extract
½ tsp ground cinnamon
⅛ tsp ground ginger
⅛ tsp ground nutmeg

Toppings:
sliced apples
granola
chopped dates
sliced almonds
caramel

1. Add all ingredients to a blender.
2. Blend ingredients until smooth and creamy.
3. Transfer smoothie to bowl. Sprinkle on your favorite toppings. Enjoy!



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Kite Hill
Cream Cheese Alternative
(selected varieties)

$5.49
8 oz

Daiya
Dairy-Free Cheese Style Shreds
(selected varieties)

$3.29
7.1-8 oz

Organic Valley
Organic Raw Sharp Cheddar Cheese

$4.79
8 oz

Vermont Creamery
Crème Fraîche

$3.29
8 oz

Brown Cow
Cream Top Whole Milk Yogurt

89¢
5.3 oz

Liberté
Organic Whole Milk Yogurt
(selected varieties)

4/$5
5.5 oz

Wallaby
Organic Aussie Greek Style Yogurt

$5.99
32 oz

Bubbies
Sauerkraut

$5.99
25 oz

Coconut Bliss
Organic Plant-Based & Dairy-Free Frozen Dessert

$4.79
1 pt

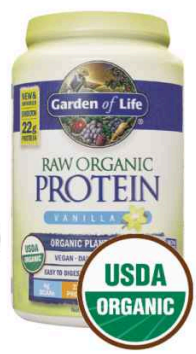
Beyond Meat
Beyond Sausage

$6.79
14 oz

Hilary's
Organic Veggie Burgers

2/$5
6.4 oz

Garden of Life
Raw Organic Protein Powder



$30.99
560-660 g

Yerba Prima
Psyllium Husks Powder

$9.79
12 oz

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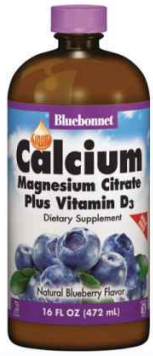
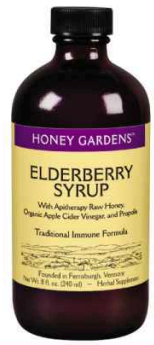
Bluebonnet Nutrition Blueberry Liquid Calcium Magnesium Citrate Plus Vitamin D3



$12.19
16 oz

Honey Gardens Elderberry Syrup



$13.99
8 oz

Natural Factors C 500 mg Fruit-Flavor Chew

$10.99
90 tab

American Health Super Papaya Enzyme Plus Chewable

$7.29
180 tab

Jarrow Formulas Saccharomyces Boulardii + MOS

$19.49
90 vcap

MegaFood Balanced B Complex

$12.99
30 tab

American Health Ester-C® 1000 mg with Citrus Bioflavonoids

$18.49
90 cap

Himalaya Organic Ashwagandha

$13.49
60 caplets

Derma E Vitamin C Concentrated Serum

$16.49
2 oz

CV Sciences +PlusCBD Extra Strength Formula CBD Balm

$18.49
1.3 oz

Jason Powersmile Whitening Powerful Peppermint Toothpaste

$3.79
6 oz

Acure Shampoo or Conditioner
(selected varieties)

$6.49
8 oz

Avalon Organics Shampoo or Conditioner
(selected varieties)

$7.49
11 oz

Mineral Fusion Nail Polish Remover

$6.49
6 oz

Better Life Floor Cleaner

$4.49
32 oz

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